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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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ABUNDANT FOODS

Cabbage, white potatoes and sweet potatoes are still in abundant supply this month. So are carrots and cauliflower. Industrial feeding managers will want to serve them frequently while they're plentiful.

Cauliflower is delicious when properly prepared but it's often ruined by overcooking and long standing on the steam table. It's an excellent source of vitamin C and when cooked for a short period about three-fourths of this vitamin is retained.

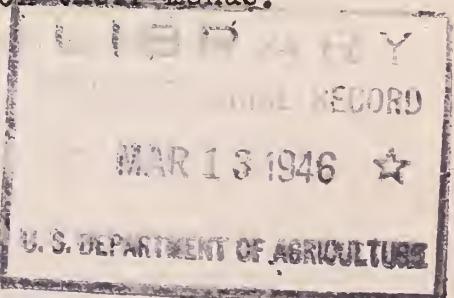
Cauliflower should be steamed for about 5 minutes or just until it is tender and then seasoned and served immediately. Overcooking and long holding soften the texture, darken the color and cause a strong flavor to develop.

Serve cauliflower buttered, with chopped parsley, creamed or with hollandaise or cheese sauce.

CARROTS

Selection: Good quality carrots are firm, fresh in appearance, bright in color with smooth skins and even shapes. Most of the fall carrots are topped and packed in 50 pound bags. "Washed" carrots are clean and sell for a slightly higher price than the field run.

Nutritive Value: Carrots are a rich source of vitamin A and food service managers who want to couple vitamin value with dollar economy will do well to include carrots frequently on their menus.



Little of the vitamin A value of carrots is lost in cooking so they are nutritious whether served cooked or raw.

Sales Appeal: Carrots are a popular vegetable and have increased greatly in popularity during the last 5 years, as evidenced by the fact the present rate of consumption is more than three times that of 1940.

Carrots have become almost indispensable in large quantity cookery because they add color and flavor to soups and stews and color and crispness to salads and relish trays.

The popularity of carrots as a cooked vegetable is influenced by the way they are cooked and seasoned. Carrots often are carelessly prepared because they hold their shape and color even when they are overcooked.

However, customer acceptance cannot be gained and held if they look well on the serving counter but lack flavor and seasoning when tasted.

Cooking: Carrots should be either steamed or cooked in a small quantity of boiling salted water. Steamed carrots should be seasoned with salt and melted butter or margarine before they're served. The carrot liquor left in the kettle may be served with the carrots or be added to soup stocks and gravies.

Try varying the way in which carrots are served by garnishing them with parsley butter, sprinkling them with chopped mint leaves or with minced chives. Creamed carrots are more flavorful when a little of the cooking liquor is added to a cream sauce made with whole milk.

Steamed carrots may be glazed in the oven by spreading them with corn sirup, maple sirup or honey mixed with a little fat.

While carrots are abundant, industrial feeding managers probably will want to add them to soups, stews, pot roasts and meat extenders.

Use shredded raw carrots frequently in salads. Some popular salad combinations include: shredded carrots and cabbage...shredded carrots, diced celery and minced green pepper...shredded carrots, diced apples and raisins...shredded carrots and diced pineapple molded in lemon or orange flavored gelatin.

CARE OF REFRIGERATORS

- I. Keep refrigerators immaculately clean. Wipe up foods spilled on floors or shelves immediately.

2. Wash the walls and floors of refrigerators at least once a week with hot, soapy water. Remove shelves and scrub them thoroughly with a stiff brush.
3. Flush out drain pipes and traps at least once a week with hot water. Keep drains free from dirt and open at all times.
4. Be sure that doors fit tightly and maintain a constant temperature in the boxes by opening the doors as seldom as possible.
5. Defrost pipes and fan grills when the layer of ice becomes about one inch thick. Accumulated ice on the pipes reduces the efficiency of the refrigerator.

THE USE OF DDT

There has been so much written about the insecticide DDT used by the military forces during the war that many industrial feeding operators have inquired about its use for killing cockroaches.

Experts in the Bureau of Entomology and Plant Quarantine tell us that although DDT will kill roaches they believe pyrethrum is a better product to use for this purpose. The choice of pyrethrum is made partly because it's not toxic to man, whereas DDT in sufficient quantity is known to be poisonous.

Pyrethrum is a powder made from the blossoms of a rare plant. It is used as a dust spray or as a petroleum-base spray. It kills the insect by asphyxiation immediately on contact.

During the war the supply of pyrethrum was reduced as Japan had been its largest producer and the supplies from other sources were being used for military purposes. On September 30, 1945, pyrethrum was released from control by the War Production Board and a good supply will soon be available for use in industrial feeding establishments.

GUIDE FOR STORING FRUITS AND VEGETABLES

1. Store fresh fruits and vegetables in a separate refrigerator at a temperature of 40° and 50° F.
2. Examine fresh produce carefully before it is stored and cull out over-ripe items.
3. Place crates of fruits and vegetables in an accessible position so they may be used in rotation.

4. Do not stack crates of fruit and vegetables on the "bulge" side. Cross-stack them whenever possible to allow for good circulation of air.
5. Use thoroughly ripened fruits and vegetables as soon as possible after they are delivered.
6. To ripen green fruits and vegetables, such as tomatoes, avocados, melons, peaches and pears, place them in the dry storage room at a temperature of about 65° F.
7. Sort fruits frequently during storage and remove decaying pieces.
8. Do not remove paper wrappings from fresh fruits as they help to keep the fruit clean, prevent spoilage and excessive drying.
9. Never store bananas in the refrigerator but keep them in the dry storage room preferably at a temperature of 60° to 65° F.
10. Do not store sweet potatoes, winter squash and dry onions in the refrigerator. Store them in a well-ventilated room at a temperature of 40° to 60° F.
11. Store white potatoes away from the light in a moderately dry, well-ventilated room at a temperature of 40° to 60° F. Potatoes are susceptible to freezing and therefore should not be held in the refrigerator or where they may be frosted.
Provide a slatted platform raised about 6 inches above the floor on which potato sacks can be cross-stacked. This will allow for good air circulation.
Sort potatoes once in every 2 weeks and remove those that are spoiled and sprouted.
Place potatoes which may have been exposed to low temperatures (35° F. or lower) and have developed a sweet flavor in a room at about 65° to 70° F. for a week to restore the original flavor.
12. Hold frozen fruits and vegetables at a temperature of 0° to 10° F. Frozen vegetables should be used while still in a frozen state.
Defrost frozen fruits for 24 hours at a temperature approximately 40° F. and use them immediately after defrosting. Thawed fruits and vegetables should never be refrozen.

SPECIAL LUNCH MENUS FOR NOVEMBER

This month's special lunch menus include approximately the quantities of meats, fats and sugar allowed under rationing. Another feature is currently abundant foods.

1	2
Baked fish Scalloped potatoes Shredded cabbage, tomato and green pepper salad Enriched bread with butter or fortified margarine Lemon meringue pie Milk	Corned beef with cabbage Steamed potatoes-in-jackets Crisp carrot sticks Enriched bread with butter or fortified margarine Fruit cup with peanut butter cookie Milk
3	4
Baked eggs with cheese sauce Baked potato Shredded carrot, apple and raisin salad Enriched bread with butter or fortified margarine Chocolate cake Beverage	Baked beans with salt pork Shredded carrots and cabbage salad Fried eggplant Whole-wheat bread with butter or fortified margarine Applesauce and molasses cookies Milk
5	6
Spaghetti with meat balls Baked acorn squash Relish plate of celery curl, carrot sticks, rutabaga slices, green pepper ring Whole-wheat bread with butter or fortified margarine Chocolate pudding Beverage	Roast turkey with dressing Mashed potatoes Buttered cauliflower Cranberry jelly Enriched rolls with butter or fortified margarine Steamed fruit pudding with lemon sauce Beverage

7	8
Pork sausage Baked sweet potatoes Swiss chard (or other greens) Enriched bread with butter or fortified margarine Baked apple Milk	Veal stew with potatoes, carrots and onions Lettuce and tomato salad Whole-wheat bread with butter or fortified margarine White cake with orange filling Milk
9	10
Bacon omelet	Chicken pie
Baked white potatoes	Buttered carrot strips
Spiced beets	Parsley buttered potatoes
Enriched rolls with butter	Whole-wheat bread with butter
or fortified margarine	or fortified margarine
Pumpkin pie	Banana ice cream
Beverage	Beverage
11	12
New England boiled dinner	Fried oysters (or fish)
(potatoes, cabbage, carrots)	Potatoes au gratin
Whole-wheat bread with butter	Tossed green salad
or fortified margarine	Whole-wheat rolls with butter
Cherry cobbler	or fortified margarine
Milk	Raspberry sherbet
Beverage	Beverage
13	14
Roast veal shoulder	Scalloped ham and potatoes
Browned sweet potatoes	Green beans
Parsley buttered cauliflower	Head lettuce salad with
Enriched bread with butter or	Thousand Island dressing
fortified margarine	Enriched bread with butter or
Baked caramel custard	fortified margarine
Beverage	Apple Betty
	Milk

STORING PERISHABLE FOODS

Perishable foods, such as dairy products, meats, fish, poultry, eggs, fruits and vegetables, should be inspected and stored as soon as possible after delivery.

The quality of the food served in a plant cafeteria depends not only on the quality of food purchased but on the conditions under which it is stored and the length of the storage period.

Proper storage of perishable foods helps to decrease waste and to preserve appearance, flavor and nutritive value of foods. Not only should perishable foods be held under proper storage conditions but they should be placed in the refrigerators in such a way that older foods will be used first.

Boxes and crates should be placed on racks or shelves in order to keep them dry and to allow for free circulation of air.

Waste may be prevented by checking refrigerator supplies daily and adjusting the menu to include perishable foods that need to be used immediately.

THE "BEST BUY" LIST

COLORADO, Denver: cabbage, carrots, cauliflower, onions, Irish potatoes, spinach, squash, turnips, grapefruit, oranges; KANSAS, Topeka: oranges, grapefruit, apples, Irish potatoes, sweet potatoes, cabbage; Wichita: apples, citrus fruits, Irish potatoes, sweet potatoes, cabbage, carrots, cauliflower, turnips;

LOUISIANA, New Orleans: Irish potatoes, cauliflower; NEW MEXICO, Albuquerque, Gallup and Santa Fe: cabbage, Irish potatoes, sweet potatoes, carrots, cauliflower, spinach, squash, turnips, parsnips, lettuce, oranges, grapefruit; Roswell and Las Cruces: sweet potatoes, Irish potatoes, cabbage, local celery, spinach, tangerines, oranges, grapefruit;

OKLAHOMA, Oklahoma City: apples, carrots, cabbage, onions, grapefruit, oranges, Irish potatoes, sweet potatoes, tomatoes, turnips; TEXAS, Fort Worth: grapefruit, oranges, Irish potatoes, sweet potatoes, cabbage, carrots, beets, onions; Houston: Irish potatoes, cabbage, sweet potatoes, carrots, onions, greens, pears, grapes.

